

# PLAN, SHOP, SAVE & COOK

For teens (ages 14-19) interested in learning skills to create nutritious meals while saving money at the grocery store.



**FRIDAYS, FEBRUARY 17 & 24**  
**TIME: 2:00 – 4:00 pm**

**LOCATION:**  
**Coos Bay Public Library**  
**525 Anderson Avenue, Coos Bay**

**Attend both sessions and receive ingredients to make a healthy meal at home for your family and a 12” ELECTRIC SKILLET!**

**QUESTIONS?**  
**Contact Nicole Wells:**  
[Nicole.Wells@oregonstate.edu](mailto:Nicole.Wells@oregonstate.edu)  
**541-572-5263 ext. 25286**

**Register:**  
<https://beav.es/52q>

